

Online health, wellness forum puts customers in touch with dietitian

Carrie Williams
Defense Commissary Agency

Defense Commissary Agency (DeCaA) have announced the start of an interactive health and wellness page on the agency's Web site. The live forum is hosted by DeCA dietitian Maj. Karen Fauber.

"More and more consumers indicate they look to grocery stores for nutrition education and guidance," said DeCA Director and Chief Executive Officer Patrick B. Nixon. "Now that we have a dietitian on staff, it's critical that she has a forum for discussing health and wellness with commissary customers."

According to Nixon, the page will include a weekly column, "The Dietitian's Voice," and a discussion forum, "Ask the DeCA Dietitian," which will allow customers to exchange comments, experiences, views and opinions about nutrition with the DeCA dietitian and other registered users.

"Defense Commissary Agency has made great strides in promoting health and wellness within the military community," Nixon said. "We've partnered with TRICARE for the past several years in educating commissary customers on the importance of weight maintenance, and we feel that making DeCA's staff dietitian readily available to the millions of people who shop in commissaries worldwide will strengthen our position as the nutritional leader for the military community."

Fauber said she is thrilled to be touching base with commissary customers and she hopes the forum will encourage an open-ended conversation about the very thing many people take for granted – good health.

"Working with commissary customers is the best part of my job," she said. "Nutrition science becomes the real thing when it is applied and makes a difference in people's lives. Our goal is to accomplish this with the health and wellness forum."

In her role as host of the forum, Fauber will tap into her extensive education and experience. She is a registered and licensed dietitian with more than 16 years of military service. She worked 10 as an Army Reserve dietitian and served six on active duty. She has been a certified diabetes educator in Army medical facilities and public health clinics. Fauber developed, coordinated and evaluated health and nutrition programs in Virginia, and served as Virginia's program coordinator for the "5 A Day for Better Health" program.

Fauber has a bachelor's degree in dietetics from Georgia Southern University in Statesboro, and completed her master's degree in education and human development at George Washington University in Washington, D.C. She interned at Brooke Army Medical Center in San Antonio. Continuing her studies, Fauber is currently enrolled in A.T. Still University at Kirksville, Mo., working on a doctorate health education.



Maj. Karen Fauber

FRG from page 5

"I know I can handle just about anything that the military life can throw at me. Even when I can't be 'Super Woman,' I know I have friends and volunteers there to help me out."

According to Williams, "You never know how strong a spouse is until she gets into hot water. In other words, if you want to see how strong and independent a spouse is, let them become a military spouse."

Jessica has a few words of encouragement for anyone entering the military community as a spouse.

"Never fear what the military life can and will throw at you," she said. "As a military spouse, you now belong to a support system that nothing else can compare to. Being a

military spouse is wonderful, exciting and enriching. It allows you to grow and shine like nothing else you will ever encounter. And during those times when you feel that everything is falling apart and out of your hands, simply remember this. You are probably not the first person to go through it. There is always someone nearby who is willing to help you out. Do not be afraid to reach out and ask for help. We all need help at one time or another."

"Take time for your family, your children, your Soldier and yourself," Williams advised. "When you take care of yourself, you will be better equipped to take care of everyone else. I believe that any spouse can benefit from participating in the FRG."

The Fort McPherson Library in Bldg. 250 has new books available for browsing and checkout. For more information, call the library staff at 464-2665.

**af commo
57828
3 x 7**